

TYPHOID DISEASE AND ITS PREVENTION

BULLETIN FROM THE DEPARTMENT OF AGRICULTURE IS SENT OUT.

RECOMMENDS VACCINATION

Dangers of Infection and How It May Be Successfully Prevented.

The secretary of agriculture has just issued an interesting eight-page pamphlet on "How to Prevent Typhoid Fever," and among not only the most thorough sanitary precautions, but recommending in many cases the administration of typhoid vaccine. The pamphlet is well worth reading, up to the last word, but that our readers may have some benefits of his information and advice we are quoting below several sections of this bulletin. Just at this season of the year it is especially pertinent to call attention to the importance of proper sanitary precautions and other methods of defeating the infection or spread of the disease.

Danger From Typhoid.

Typhoid fever is a communicable disease, more to be dreaded on the whole than smallpox, because of prevalent in countries which practice vaccination smallpox is a disease which occurs only occasionally and is soon stamped out, whereas typhoid fever prevails widely in all civilized countries, attacking by preference the young and middle aged, and causes not only many deaths every year, but great economic losses. Serious impairment of the heart and other organs may persist after recovery. In

recent years the subject has been brought home to this department by numerous cases among its members, and it has been thought desirable to put on record a plain and trustworthy account of the way in which the disease is usually contracted, and what methods may be employed for its prevention.

The disease is not contagious in the ordinary sense of the word, i.e., it is not usually spread from person to person by touch as in the case of scarlet fever or smallpox. Careful hygiene seldom controls the disease. Generally it is distributed directly, the person who contracts the disease having in some way swallowed some of the germs derived from a previous case.

The disease is now generally believed to be due to a schizomyces known as *bacillus typhi*. This germ causes ulcers on the intestinal walls and also multiplies in other organs of the body, notably the spleen and kidneys. The virus of the disease, i.e., the germ, is discharged from the body in great quantities through the bowels and also through the kidneys, and the discharges from these organs are the source of subsequent infection in other persons.

Water, Milk and Eggs.

The disease is usually contracted by drinking infected water, but may also be acquired through infected milk, salads or other uncooked foods. Many wells, springs, and small streams are infected for longer or shorter periods, especially during the autumn and early winter. It is not safe to drink at such places without certain knowledge of the conditions. Milk is not dangerous, except it be contaminated in the handling, but it needs watching, because germs multiply actively in it without perceptibly changing its appearance. The common household is blamed for carrying the germs on its body and contaminating food and drink. Careless nurses may spread infection by neglecting disinfection for everything that comes in contact with the patient, should be tabooed for other people's use until thoroughly cleaned and disinfected.

Santary Precautions.

When one is compelled to live in a house or in a neighborhood where typhoid fever prevails he should make it his infallible rule to eat and drink only such foods as have been recently heated to above the scalding temperature. Salads should be avoided, and ham and milk should always be scalded before use. Fruits should be pared. The typhoid fever organism is very susceptible to heat, and slight boiling or even a good strong scalding is sufficient to destroy it. So far as possible the household should be screened out of the house, while any that gain access should be diligently pursued and destroyed. If these measures were consistently practiced a large part of the now generally prevalent typhoid fever could be prevented, especially if in conjunction with these measures the discharges of the sick were consistently and thoroughly disinfected before being thrown out upon the soil or into latrines.

Owing to the difficulty of carrying out these sanitary precautions in localities where households swarm and bad water is prevalent and the local sanitary conditions are unknown, it is advised that field men receive preventive inoculation. This advice will hold for all well persons who find themselves in such situations.

Vaccination Against Typhoid Fever.

Typhoid fever is a self-limited disease. By this it is meant that if the patient does not die during the progress of the disease the body reacts against the invading micro-organisms with the production of various antibodies known as agglutinins, opsonins, etc., and these antibodies limit the disease to a variable number of weeks, after which the person recovers and the virus (the germ) disappears from the body.

The preventive inoculation for typhoid depends upon this fact. In recent years it has been discovered that by injecting under the skin a small quantity of a dead typhoid culture of known strength the body would react against these organisms in the same way as against the living bacteria in the bowels, and with the same results, namely, the increase in the body of antibodies which protect for a considerable period, rendering the person resistant to the disease.

The method of applying this prophylactic is very simple. The initial discomfort is not more than caused by an ordinary hypodermic injection and the subsequent brief reaction is usually less than in a case of vaccination against smallpox. Inoculation is deemed unnecessary for old people, for very young people, and in general for civilians who live at home, and it is undesirable for people in ill health.

Treatment Has Been Tested.

The safety and certainty of cocaineization as a method of protection against the disease have been conclusively demonstrated during the last ten years on a large scale by the experiments of the Japanese army, the English army, and more recently, the United States army.

The prevalence of typhoid fever in practically every section of the United States makes any measure which will protect the individual or assist in preventing the spread of the infection extremely important to the community. The production of artificial immunity against this disease by anti-typhoid vaccination constitutes such a measure, and it is destined to render real service, especially to those about to enter conditions in which they will be unduly exposed to the disease.

Electric Generating Unit.

The largest electric generating unit ever built is to be installed shortly in the new generating station of the Philadelphia Electric company. This unit will be rated at 35,000 kilowatts and if operated continuously for one year under the best conditions would furnish more energy than was delivered by central stations in 1912 to Maryland, Virginia, Florida, Alabama, Mississippi, North and South Dakota, Arkansas, Arizona, New Mexico and Wyoming. Measured over all the set is 63 feet, 2 inches long, 21 feet, 7 inches wide and 15 feet, 10 inches high. Complete with generator and exciter the machine will weigh 60 tons.—*Electrical World*.

EAT CHEESE.

The department of labor recently issued a bulletin setting forth the known uses of cheese as a dietary and satisfying food for the working man. The bulletin states that the following methods of preparing cheese will reduce the cost of living:

Eat cheese twice the department to the working man.

When the dinner bill is tall, and the harder looks so solid, And the grocery bill is cared for with ease.

Our American woman is happy, And his wife and children "fatty." And they eat meat-eating meal with cheese.

When the lunch time near has come, And he sits down to meat or mould, And quietly eats his luncheon on the cheese.

He finds meat and eggs, And sauce and fruit and pie, But the last thing at the bottom is the cheese.

It is glorious to be a freeman, strong and full of life.

With a steady income to spend as you please,

And how the bills are cared for, And your credit growing better, And a dinner box each evening down to cheese.

It was thus once so prosperous,

And free of every care,

Each workman stood in clover to his knees,

He induced his taste for pork-chops, Ham, beef and crispy bacon,

And once in awhile he nibbled at the cheese.

But the department of labor,

Offering "hope" and "political favor," Advises us to take to eating cheese.

When home is too high, they say,

"And bacon going up,

"And your income so small it makes you sneeze."

It is time to economize,

McBrennan and self-deney,

"It can be done most handsomely on cheese."

So with Tariff Schedule doctored,

And the interests stigmatized,

And the country set awhight with Q-

and Ps.

our numerous public servants,

Get busy with their pamphlets,

And boast the "home consumption" of cheese.

In terms of broad assertion,

And in patriotic zeal,

They tell us how to meet this "marker squeeze."

And how we can adjust ourselves

To meet these new conditions,

By living mostly upon foreign and domestic cheese,

So with this reform adopted,

They tell us of its virtues,

Its proteins and its fats,

How we should adapt ourselves,

to cheese.

How we should adopt ourselves,

To cheaper modes of life.

While we bring the trusts and combines to their knees,

And deny ourselves the luxury,

And comforts of by-gone days,

And live for a few years on cheese.

How, when we have adopted,

These foreign aids and fancies,

And ceased to let our "fancy" palate tease,

Put meat and steak and entree,

And friezes and pot-roasts,

We'll then be over-joyed with mouth-melting cheese.

So with this reform adopted,

Our wants and tastes reduced,

We'll live as good as now, in all degrees,

Save we won't waste our substance,

In luxury and indulgence,

But live quietly and humbly upon cheese.

The standard of our wages

Will be reduced, of course,

Our income cut in quarters, if you please,

But we'll have the satisfaction,

In life's mysterious actions,

Of feeding and of feasting upon cheese.

Cheese we'll have for breakfast,

And cheese for luncheon, too,

And instead of costly roasts and friezes,

We'll have a glorious dinner,

When the hard day's work is over,

Around the board at home with roasted cheese.

Now this advice is timely,

And will serve its purpose, too,

For 'twill help us through this industrial "squeeze."

But we all have the habit,

Of eating meat and rabbit,

And not confining ourselves to cheese.

So this advice we'll follow,

Until a day shall come,

When the bill of fare we'll change,

sir, if you please,

And call the boys together,

In sunshine or in weather,

And for one day we'll serve only

(FRAN) CHEESE,

—MR. CHEESE-IT

AT THE THEATERS

ORPHEUM

Today in an extra early matinee, starting at 1:30 o'clock, the orpheum will present an extra fine bill of five first-class acts in addition to a motion picture and musical program of more than usual interest. The opening act on this new bill is The Musical Bensons. This act is equipped with \$2,000 worth of fine instruments, besides exceptional talent. Hally & Haily will present their singing and dancing.

Taking society and solid Philadelphia, including and most sensational Japanese formal pageants, will be the main attractions of the day. In the evening will be the famous "Glorious French Revue." The stars of the show are Anna Dean, Jeanne & Sophie, and Sophie, and the girls of the show are the most beautiful girls in America.

On Saturday night, the "Orpheum" will present an act that will deserve exceptional attention on the part of the theater-going public. Anna Dean & the girls will be here in their three acts of the great song, "The Hat Room." It is a great attraction in variety, and the girls are among the best in the country.

The new vaudeville bill, which opens today, will be the best in the country.

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